

Pandemic Influenza Preparedness: Foster Care Community

Fairfax County Health Department
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Outline

- Overview of seasonal, avian and pandemic influenza
- Potential impact of an influenza pandemic
- Pandemic influenza preparedness in Fairfax County
- Individual and family emergency preparedness

Seasonal Influenza – “flu”

- Respiratory infection spreads upon contact with respiratory secretions from an infected person who is coughing and/or sneezing
- Takes 1 – 5 days from exposure to onset of symptoms (like fever, chills, body aches, sore throat, cough, headache)
- People have some immunity against circulating viruses from previous exposure or vaccination
- Flu activity usually peaks between December and March in the U.S.

Avian Influenza – “Bird Flu”

- Infection caused by avian influenza A viruses that occur naturally among wild birds
- Infected birds shed virus in saliva, nasal secretions and feces
- Human cases result from direct contact with infected poultry
- **H5N1 bird flu virus**
 - Outbreaks in poultry in Asia, Europe and Africa
 - 269 confirmed human cases, including 163 deaths as of January 22, 2007
 - Meets 2 out of the 3 conditions required to cause a pandemic

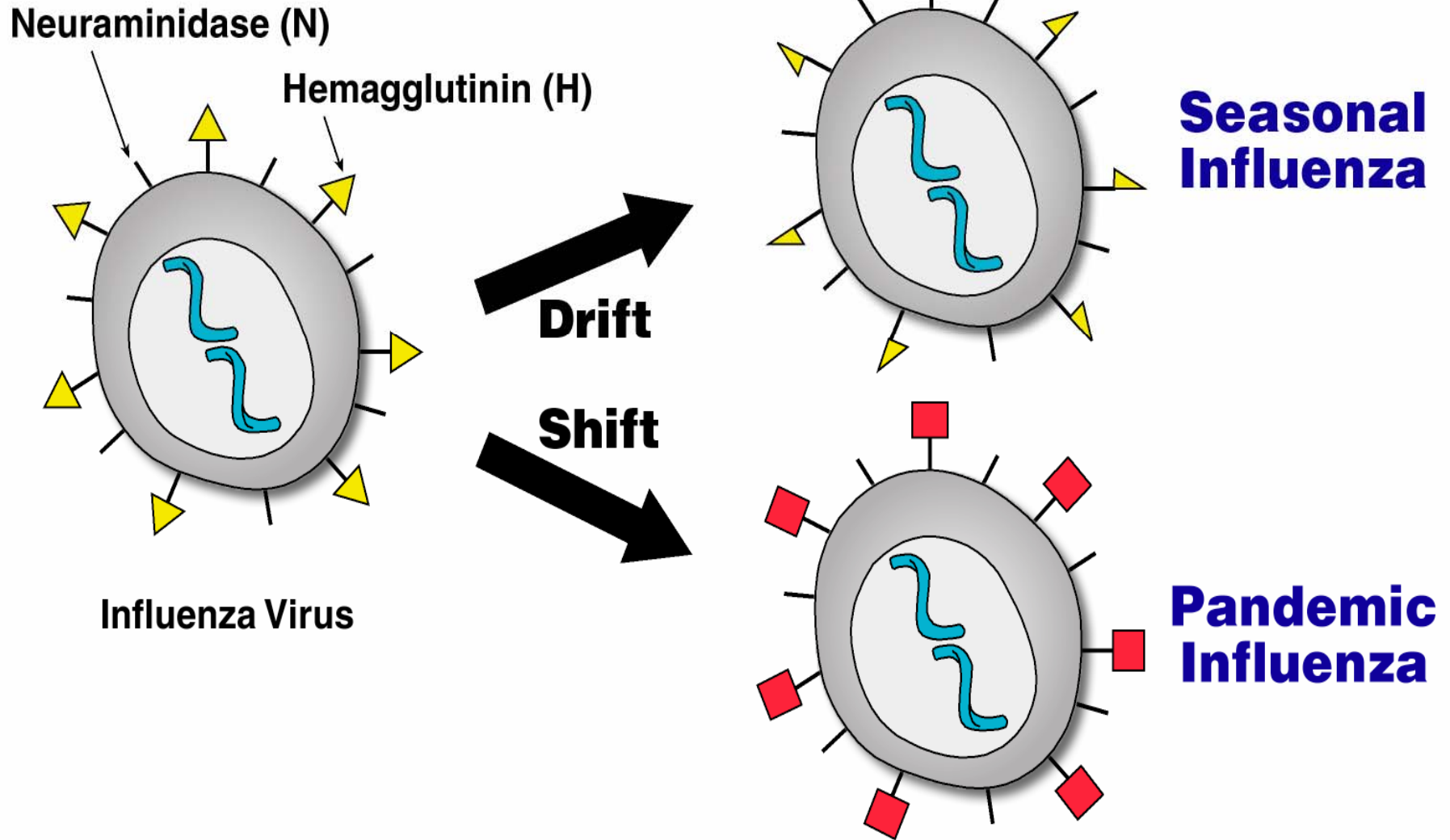
Pandemic Influenza

- Global disease outbreak
 1. Emergence of a new influenza A virus into the human population
 2. Virus causes serious illness because individuals have no existing immunity (protection)
 3. Virus adapts into a strain capable of spreading easily from person to person worldwide
- An influenza pandemic has the potential to cause more death and illness than any other public health threat

Influenza: Current Status

- There is no human influenza pandemic anywhere in the world
- There is seasonal influenza activity in the United States
- Current flu vaccine will protect against seasonal not pandemic influenza virus

Influenza: Antigenic Drift and Shift



History of Influenza Pandemics

- Three influenza pandemics in the 20th century
 - 1918 (H1N1) – 40 million deaths
 - 1957 (H2N2) – 2 million deaths
 - 1968 (H3N2) – 700,000 deaths
- The next pandemic?
 - No one can predict timing, nature and severity or what the new virus may be

What to Expect during an Influenza Pandemic

- 2 or 3 waves of disease outbreak over period of a year or more; outbreak in a community lasting about 2 – 3 months
- Possibly as many as 35% of the population affected, with large numbers of deaths
- Enormous demands on the health care system
- Delays and shortages in available vaccines and antiviral drugs
- Possible disruptions in usual services
- Simultaneous outbreaks throughout the country

Approximate beginning of the epidemic, 1918



before
sept. 14

before
sept. 14

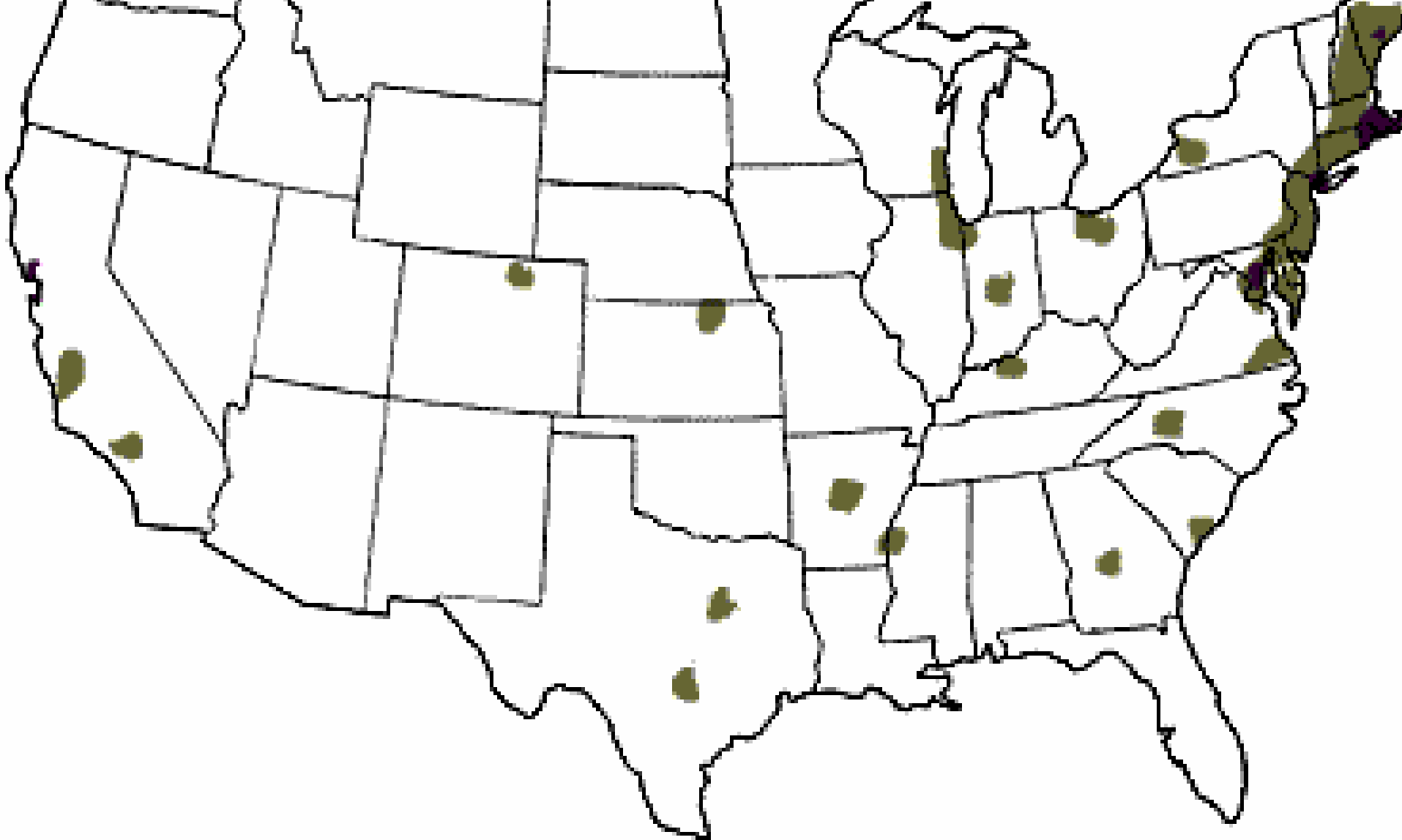
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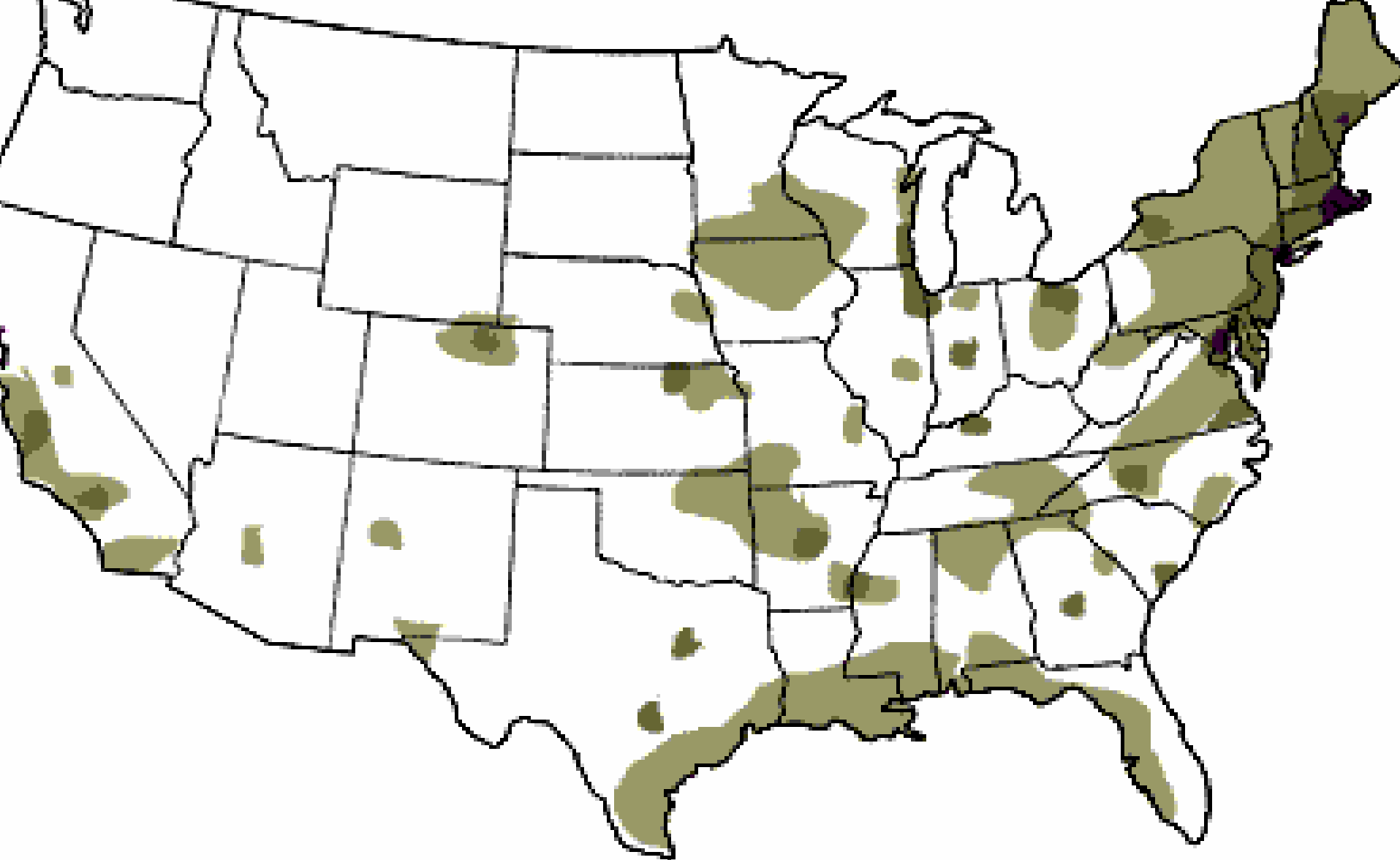
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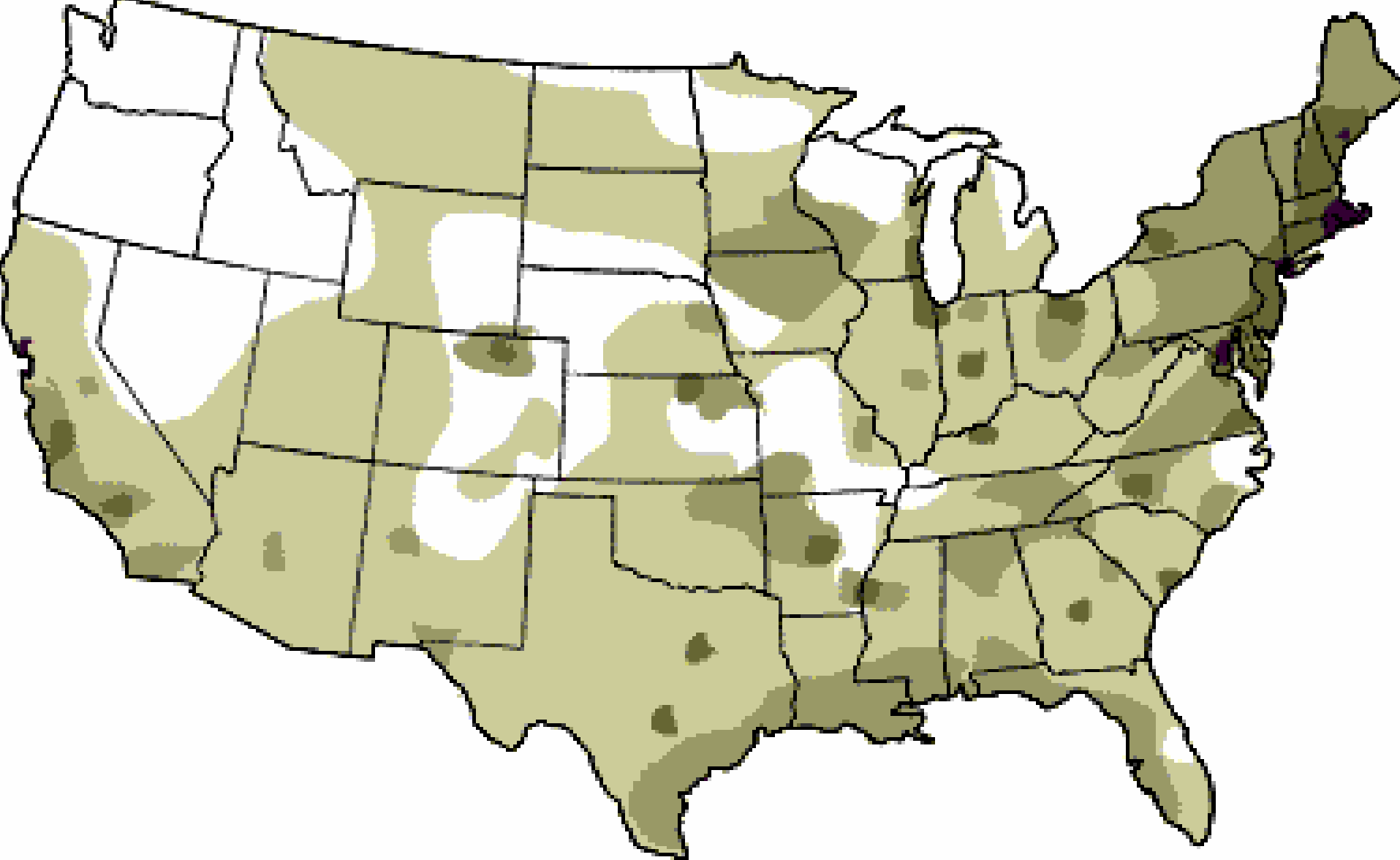
Source: *America's Forgotten Pandemic - The Influenza of 1918 - 1989*



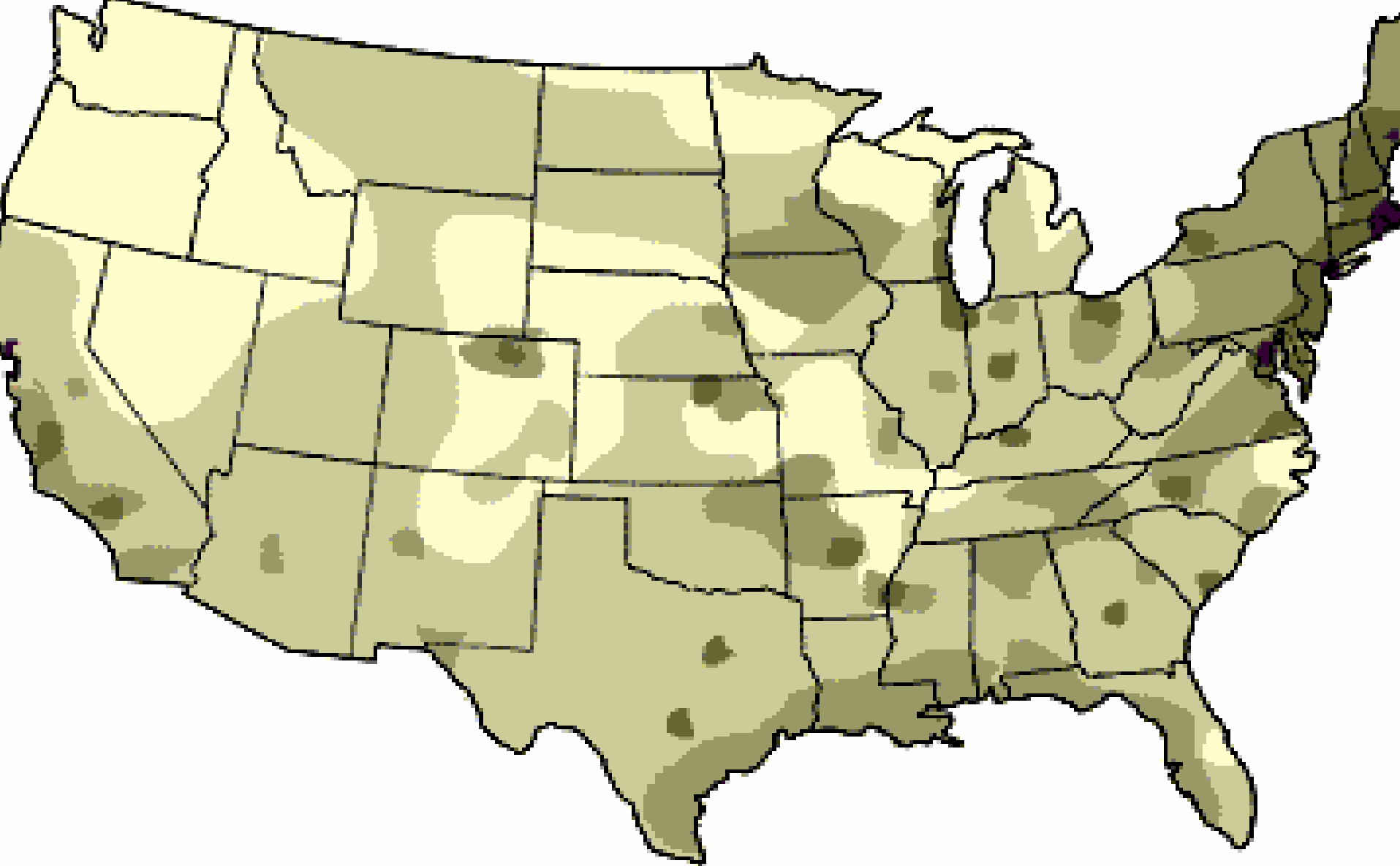
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Pandemic Influenza Preparedness

- Planning occurring at all levels
 - Global, Federal, State, Regional, County
- Goal is to lesson impact on communities
- Individual and family preparedness is the cornerstone of community preparedness

Are You Prepared?

- Do you have a home disaster preparedness plan?
- Do you get a flu shot each year?
- Are you staying informed?
- What are you doing to stop germs from spreading?
 - Cover coughs and sneezes
 - Frequent and proper hand washing
 - Stay home when sick

County Preparedness

Fairfax County Planning

- Embedded in County All-Hazards Emergency Plans
- Multi-disciplinary workgroups in accordance with state, regional and federal planning efforts
 - Over 30 county agencies, cities of Fairfax and Falls Church, the towns of Herndon and Vienna, schools, hospitals, private sector groups and partner organizations.
- Public Health and Critical Infrastructure

Goals of Fairfax County Response Plan

- Contain and control disease outbreak
- Limit the number of illnesses and deaths
- Preserve continuity of essential government functions
- Minimize social disruptions
- Minimize economic loss

County Efforts Underway

- Town Hall Meetings (April 2006)
- Engaging business community (May 2006)
- Working with First Responders
- Educating partners (July-December 2006)
 - Child Care
 - Long-term Care
 - Physicians
 - Human Services Partners
 - Home Health Care
 - Foster Care (January 2007)

County Efforts Underway

- Outreach to faith community, ethnic communities and general public
- Continuing health care surge planning
- Enhancing capacity to communicate information to the public
- Reviewing dispensing site plans to rapidly vaccinate large populations
- Identifying social distancing measures

Why Plan Now?

- Being proactive to ensure adequate measures are taken in advance will lessen the potential impact
- Preparedness will strengthen the capacity to respond to seasonal flu epidemics and other infectious disease threats
- “Any community that fails to prepare, with the expectation that the federal government will come to the rescue will be tragically wrong.”

HHS Secretary Michael O. Leavitt

April 10, 2006

Public Health Preparedness

- Multi-disciplinary workgroups
 - Communication and notifications
 - Vaccine and antiviral distribution
 - Community disease control and prevention
 - Essential needs
 - Laboratory and Surveillance
 - Surge capacity
 - First Responders
 - Legal
 - Mass Fatality Management

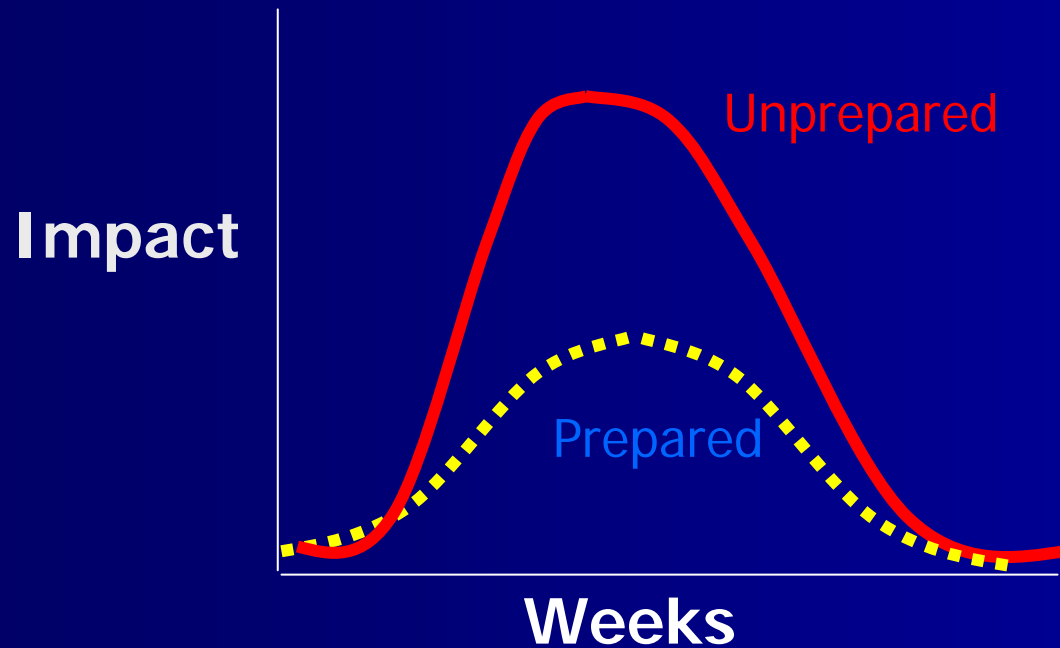
Critical Infrastructure Preparedness

- Critical government and county services that need to be maintained to support the infrastructure are being addressed
- Each county agency is developing pandemic influenza specific COOP plans
- The County is working with businesses and utilities to ensure they have specific plans

Your Specific Challenges

- Ability to perform your critical role in this unique situation
 - People are most affected during a pandemic, not infrastructure
 - Possibly up to 40% affected due to illness in employee, family member or **fear**
 - Family deaths may result in increases in temporary foster care needs.

Impact of Planning



Adapted from HHS

Individual and Family Preparedness

What You Can Do to Prepare

- Plan in advance for you and your family
 - Make arrangements for child care with family members, friends and neighbors
 - List important telephone numbers and post at home where all can see
 - Plan for loss of income if you cannot work or company/office closes

What You Can Do to Prepare

- Get a flu shot
- Stay informed
- Stop germs from spreading
 - Cover coughs and sneezes
 - Frequent and proper hand washing
 - Stay home when sick

Where Do You Begin?

- Prepare and store 2 weeks of supplies
 - Non-perishable food
 - Water (at least 1 gallon per person/day)
 - Infant formula
 - Special nutritional needs
 - Pet food
 - Prescription medicines
 - Over-the-counter cough, cold, pain reliever medicine, electrolytes

Other Important Items to Have on Hand

- Thermometer
- Flashlights
- Batteries
- Portable radio
- Manually-operated can opener
- Tissues, toilet paper, disposable diapers

Control Spread of Germs

- Teach your child how and when to wash hands
 - 20 seconds with soap and water when hands are soiled
 - Alcohol-based hand rub when soap and water are not available and hands not visibly soiled
- Keep soap at all sinks

Control Spread of Germs

- Teach your child to cover coughs and sneezes
 - onto sleeve or cover with a tissue,
 - then wash hands
- Have waste baskets and tissues throughout the house
- Clean frequently touched surfaces, toys and commonly shared items at least daily and more frequently when soiled
- Stay home from work and school when sick

Fairfax County's Hand Washing Campaign: “Your Health is in Your Hands: WASH”



FAIRFAX COUNTY HEALTH DEPARTMENT
FAIRFAX, VIRGINIA

703-246-2411 • TTY 711 • www.fairfaxcounty.gov/hd

Stay Informed

■ Resources

www.pandemicflu.gov

www.fairfaxcounty.gov/emergency/pandemicflu

www.cdc.gov

■ Personal Care guide

Personal Care at Home

- Observe children and other family members for illness
 - coughing/breathing problems
 - fever
 - vomiting/diarrhea

When To Be Concerned

- Troubled or noisy breathing
- Pale, blue lips, hands, feet or cold legs
- Confused/disoriented
- Very drowsy/hard to wake up
- Headache or stiff neck
- Seizures
- Continuous vomiting and/or diarrhea
- History of heart, lung or other diseases and treatment that weaken the immune system

Tips for Staying Healthy

- Get flu shots every year
- Good nutrition
- Exercise
- Rest
- Routine immunizations

Questions?



Thank You.